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**GENESEE HEALTH SYSTEM ANNOUNCES
NEW ONLINE MENTAL HEALTH RESOURCE FOR WATER CRISIS RESPONSE**

Flint, Michigan — Genesee Health System announced the launch of MyFlintStrong.com, a new web-based community resilience program that is designed to help those experiencing difficult thoughts or emotions in relation to the lead water crisis.

MyFlintStrong.com, offers an interactive platform for teaching skills people can use to help overcome the trauma, stress, and anxiety created by events such as the water crisis. Although the site is not intended to replace professional counseling, it can be a useful self-help tool for affected individuals. It offers detailed information about common responses to events like this, what they are, how they affect each person differently, how recovery works, specific ways people can aid in their own recovery, and how to avoid common negative behaviors.

The web site was created by a psychological trauma expert, Dr. Charles Benight, and is part of the services offered by Genesee Health System. The site is produced by BlueSun, Inc., a behavioral health software company that has deployed this resource as part of community responses for similar incidents around the country. The site is completely confidential and free to use for interested area residents.

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“We know that all people experience and respond to trauma differently and the stress of a traumatic event may not happen when you might expect,” said Dr. Benight. “Some will experience it immediately after and for others it may take months. It can also be particularly difficult for human created events, such as this one. This web site is a tool that people who are impacted by the water crisis can utilize on an ongoing basis to help them build a bridge to recovery.”

“We are really pleased to partner with BlueSun, Inc.,” says Dr. Lauren Tompkins, Chief Clinical Officer at GHS. “They bring their expertise to this project which gives the community one more tool to help them get through the water crisis. We are especially pleased that they’ve also provided written materials for the videos to assist individuals who are deaf or hard of hearing, and have a version in Spanish.”

To access this community resilience resource, point your web browser to www.myflintstrong.com. Flint residents can also call the **Disaster Distress Helpline at 800-985-5990** or text "**TalkWithUs**" to **66746** to talk with a counselor. The helpline can provide immediate confidential counseling to anyone who needs assistance.

Genesee Health System provides services and support to Genesee County residents who are adults and children with developmental disabilities, adults with serious mental illness, children with serious emotional disturbances, and adults and children with substance use disorders, with a focus on the health of the whole person.

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